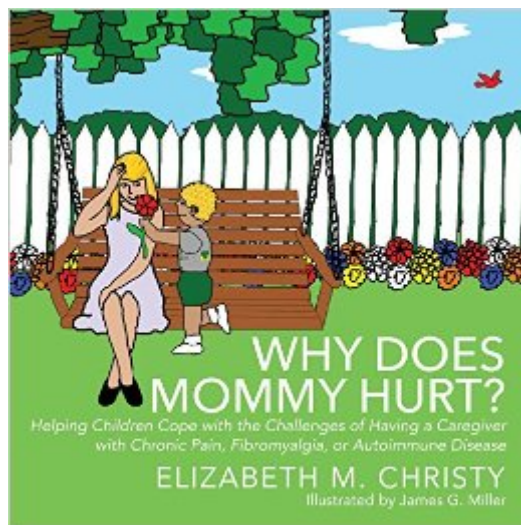


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# Why Does Mommy Hurt?: Helping Children Cope With The Challenges Of Having A Caregiver With Chronic Pain, Fibromyalgia, Or Autoimmune Disease



## Synopsis

The children of people with chronic illness and pain suffer quietly. "Why Does Mommy Hurt?" is a joyful, yet honest, portrayal of family life burdened with chronic illness. This is a delightful story told by a young boy learning to understand and cope with his mother's illness. The story creates natural opportunities for families to talk about both the symptoms of chronic illness, and how they affect family life. Even more importantly, the story puts power into the hands of the children. It also offers a helpful "Tips and Resources" section for parents! A portion of the proceeds benefits the National Fibromyalgia and Chronic Pain Association (NFMCPA). This book is appropriate for a wide-variety of illnesses associated with chronic pain, such as: Lupus, Lyme Disease, ME, CFS, Fibromyalgia, Arthritis, Multiple Sclerosis, Cancer, Depression, Autoimmune Disease, and many others.

## Book Information

Paperback: 22 pages

Publisher: Outskirts Press; 1st edition (May 9, 2014)

Language: English

ISBN-10: 1478732962

ISBN-13: 978-1478732969

Product Dimensions: 8.5 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #242,364 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #178 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#) #301 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

This is lovely book that all parents struggling with chronic pain, fatigue, depression, or any disabling medical condition can use to help their young children understand why they are the way they are. It can help prevent kids from blaming themselves and can reduce anger and frustration. It is wonderfully written and the bright, colorful illustrations really bring it to life.

This book will explain an "invisible illness" to the children in your life in clear language. Chronic pain

can be confusing to a child when there is no "boo boo" to which you can point. The author does a great job of explaining to a child why their loved one may not be able to do all the things the child wants to do. The clear, bold illustrations also paint a clear picture of life as children see it. I would recommend this as a gift to the children or grandchildren of the chronic pain sufferers in your life.

Provided the perfect conversation starter for my 6 year old about her grandmother's fibromyalgia. We've discussed it before, but, having a book written about it made more real. I hope to share it with her cousins, too.

At the time of this review, no other books exist for children who have caregivers that experience chronic, inapparent illnesses. This book is geared towards children ages 2 through 9. The three human characters are a little kid named Jimmy, and Jimmy's mom and dad. The author fashioned the characters and story around her own family unit and experiences; the photographs of herself, her husband, and her child show three people who resemble the drawings in the book. The drawings are simple and accessible, and the story is told in the voice of Jimmy, the young child. Jimmy talks about the realities of living with a parent who has chronic pain and/or fibromyalgia. He expresses his feelings of love for his parents, his occasional anger and/or sadness about his mother's illness, and empathy towards his mother because sometimes he gets sick, too, and remembers how it feels to be sick. Though there is no simple resolution at the end, just like living with chronic illness itself, the book is realistic and cheerful without being sugary. The book includes a brief resource guide at the end, for caregivers.

This book is very cute! It was difficult to find a book on this topic for kids so I was glad to come across it. I would say it's for about 8 years old and under. For children older than that they pretty much have what the book covers figured out. It doesn't go into details of what hurts or why so this book could be used for all kinds of illnesses.

Based on the other gushing reviews, I was expecting more from this book than it had to offer. While I don't have fibromyalgia, I do have rheumatoid arthritis - and a three year old - so I was really hoping this book would speak to her in a way that would get her to understand that mommy hurts a lot, is tired a lot, and absolutely cannot play rough and tumble (like daddy does). My little girl is whip smart, but could not connect the mommy in the book to me. She has a very active imagination, and the simple story of a little boy whose mommy hurts really didn't capture her attention at all. Normally

she wants books read to her over and over. This one she has no interest in. It is, sadly, quite boring. This is probably a good book for a 5 or 6 year old who has a bit of a firmer grasp on the world, but for a 3 year old who runs around half the time declaring she's either a princess or a super hero (or a puppy)? Not so much.

Great book for starting a conversation with children about a parent or other loved one's chronic pain and/or chronic illness. So wonderful to have a book to help facilitate these tricky conversations and work towards "normalizing" the experience of having an ill relative for a child! Highly recommended!

A great book for talking about invisible illness/chronic pain for kids!!! Even though I've been dealing with chronic pain since before they were born, my boys (ages 5 & 7) had questions that surprised me after reading this book. It was an excellent resource to start a conversation about what Mommie feels & how they can help.

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Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease  
Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook)  
Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook)  
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)  
Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1)  
Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology)  
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice  
Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain  
Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More !  
Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions  
Chronic Kidney Disease: The Ultimate Guide to Chronic

Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) ErgAerobics: Why does working @ my computer hurt so much? Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focused Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Hypermobility, Fibromyalgia and Chronic Pain, 1e Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Why, Mommy, Why: Dissociative Identity Disorder Recovery

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